

SMART COOK

How to roast the holiday turkey

Turkey roasting chart

325° oven	
Purchased ready-to-cook weight	Guide to total roasting time*
6 to 8 lbs.	3½ to 4 hrs.
8 to 12 lbs.	4 to 4½ hrs.
12 to 16 lbs.	4½ to 5½ hrs.
16 to 20 lbs.	5½ to 6½ hrs.
20 to 24 lbs.	6½ to 7½ hrs.

*If turkey is unstuffed, less roasting time may be required.

To roast whole turkey

Preheat oven to 325 degrees. Rinse bird; pat dry. Stuff wish-bone cavity; skewer neck skin to back. Tuck wing tips behind shoulder joints. Rub salt in body cavity and lightly fill with stuffing. Push drumsticks under band of skin at tail, or tie them to tail. Brush turkey with melted fat. Insert meat thermometer in center of inside thigh muscle, making sure bulb

turkey, breast up, in center of greased foil. (If foil isn't wide enough to have at least 5 to 6 inches extending beyond both ends of bird, join 2 pieces with drugstore or lock fold, pressing to make leakproof seam.) To prevent puncturing, wrap small

folds of foil around tips of drumsticks and wings. Bring ends of foil up snugly over breast of turkey; overlap in drugstore fold and press tightly to bird. Then bring sides of foil up against ends of turkey, high enough to prevent drippings

from running into the pan and burning. Place the bird, breast up, in shallow pan—no rack.

When turkey has cooked to within 15 to 20 minutes of total time, open foil and fold back to pan so bird will brown. Roast till done. ■

ELEGANT AND EASY FISH AU GRATIN

Prepare ahead, refrigerate, then broil at last minute—ideal for company

1-1/2 pounds sole or flounder fillets
1/2 lemon

Salt and pepper

1 can (10-1/2 ounces) condensed cream of mushroom soup

1 tablespoon cream sherry (optional)

6 servings seasoned instant mashed potato

1 tablespoon fine dry bread crumbs

1 tablespoon grated Parmesan cheese

Chopped parsley

Rinse fish fillets quickly under running cold water. Drain on paper towels and arrange fillets, slightly overlapping, in buttered shallow baking dish (not glass). Squeeze lemon juice on top (direct from lemon, removing seeds, if any) and sprinkle lightly with salt and pepper. Cover tightly with foil and bake in moderate oven (350°F.) 20 minutes, or until fish is opaque and flakes easily with fork. Carefully drain off all liquid, holding fish with spatula. Mix fish liquid with soup and sherry until smooth. Pour over fish and spoon or flute mashed potato around edge. Sprinkle entire surface with mixture of bread crumbs and cheese. (At this point dish may be cooled and refrigerated until 3/4 hour before broiling.) Broil 7" from heat 10 minutes, or until top is well browned and dish is bubbling hot. Sprinkle with parsley. Makes 4 to 6 servings.

Note Frozen fish fillets, completely thawed and separated, can be used.

Bacon - freeze
oven 350° for 15 min.